Vital Cuisine - Chicken and Dumplings

Vital Culsine - Chicken and Dumplings	
Nutritio	n Facts
Serving Size 213g Serving Per Container 1	
Amount Per Serving	
Calories 300	Calories from Fat 140
	% Daily Value *
Total Fat 16g	25%
Saturated Fat	5g 25 %
Trans Fat 0g	
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 Cholesterol
 75mg
 25%

 Sodium
 590mg
 25%

 Total Carbohydrate
 17g
 6%

Dietary Fiber 2g 8%
Sugars 2g
Protein 23g

Vitamin A 15% Vitamin C 0%
Calcium 2% Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.